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Have a porn preference?

Researchers at Western U are looking for anonymous subjects to divulge their viewing habits

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EMERGENCY: DANIMAL DOWN

SHANNON'S BOSS TAKES A PUNCH IN THE STOMACH DURING A QUENTIN TARANTINO-ESQUE STANDOFF

PAGE 10



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DIGGING OUT

City crews work to dig out Churchill Square after the city got its first taste of winter in a heavy storm this weekend. The city has imposed a seasonal parking ban that is expected to remain in place until Tuesday. RYAN TUMILTY/METRO

Local aviation museum set to spread its wings

Alberta Flying Heritage Museum. Plan calls to move part of collection to new Villeneuve site



RYAN TUMILTY
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Faced with the impending closure of the City Centre Airport, the Alberta Aviation Museum has announced plans to split its collection and open a brand-new museum.

With just under two weeks to go before the airport's last runway closes, the new museum, which will be housed at a 13-acre site at the Villeneuve Airport, was announced this weekend.

Tom Hinderks, executive

director of the current museum, said the airport's closure forced them to expand.

"We basically had two options and it was either cut back the collection, cut back operations and dispose of artifacts or take a different point of view and push forward," he said.

Hinderks said the new museum, called the Alberta Flying Heritage Museum, will be much more interactive than the current one.

"There will be more aircraft that you can get into, that children will be able to get into," he said.

The current museum will remain in place, Hinderks made clear, but will operate more as a traditional museum and will focus specifically on Edmonton's aviation history.

Hinderks said having the

land and a building is a great start, but they will need a lot more to build a fully functioning museum.

"That leaves \$10 million we need to come up with over the next number of years, as we create the site and expand the collection," he said.

Coun. Andrew Knack said it was good to hear the museum has a plan for the future and he believes it will thrive as people move into the area.

"You are going to see people who want to understand more about where the Blatchford name came from and the history behind it," he said.

He hoped the city could be involved somehow in helping with the move, but he was unsure of what form that might take.

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PORSCHE

Tips. City vies for greener homes with new book

The City of Edmonton is looking to boost demand for green homes with a new book that dishes tips to homeowners on eco-friendly features and energy efficiencies.

The Green Home Guide gives homeowners the knowledge to ask the right questions to their builder or real-estate agent, said Mike Mellross, a project manager for the city's office of environment. That will prove valuable as the uptake on Edmonton green homes accelerates, he said.

"One of the things our stakeholders have told us, including the builders and real-estate agents, is if consumers knew a little bit more and were more aware about what is available in the local market, that demand would grow and they would provide that product on a more regular basis," Mellross said. "That's really what the Green Home Guide is about — creating that awareness and building that demand."

The book includes tips on boosting a home's EnerGuide rating score, a system commonly linked to appliances. Mellross said new homes with an EnerGuide rating of more than 80 are considered efficient, while the same applies to older homes with a rating of 70 or more.

Over the past month, the city has distributed the book to real-estate agents and homebuilders. It also plans to circulate copies in RONA locations across the city over the next several weeks.

The book is available for download at edmonton.ca/greenbuilding.

ALEX MIGDAL/FOR METRO



Local singer-actor Orville Cameron and a cast of 10 lead the audience through decades of American rock 'n' roll history in the latest offering from the Mayfield Dinner Theatre. LUCY HAINES/FOR METRO

The Mayfield has its groove on

Construction chaos.
Dinner theatre unfazed as work on an adjoining hotel property continues

LUCY HAINES
edmonton@metronews.ca

The show must go on, so they're rockin' and rollin' at the Mayfield Dinner Theatre even while construction of an adjoining new Hilton hotel property makes the west Edmonton site a hard-hat zone until early 2014.

Artistic director Van Wilmott has overseen the Mayfield stage for 20 years, aiming to please a diverse audience

with tested favourites — think Chicago and The Buddy Holly Story — plus less obvious choices like The 39 Steps.

"We choose shows for a contemporary audience and try to keep things fresh, but we know, over the holidays, these big, energetic revues are what people want," said Wilmott. "In the end, we're a commercial theatre, more here to entertain than inform."

And yet, the current hip-swivelling show will teach you something you didn't know about the music, according to local singer-actor Orville Cameron, who narrates the piece and leads the audience through rock's evolution and early influences of gospel, jazz and country.

Show by the numbers

- The Mayfield has 8,000 season-ticket holders who take in three musicals and two plays each season. The 450-seat theatre just got its own makeover with new decor and state-of-the-art sound system.
- The History of Rock 'n' Roll: Stars and Stripes features 10 actors plus a live band bopping through some 90 songs and 160 costumes in a 2.5-hour show.

"We weave a story that touches on American greats

— Elvis, Jerry Lee Lewis, many others. You'll gain a new understanding and respect for rock 'n' roll music," said Cameron, now in his seventh Mayfield production.

"I love the challenge and energy of a revue. I'm a singer, so it's great to be able to belt out these tunes, and people just want to enjoy a great night out — it's the season to party."

Wilmott says the original, Will Marks-penned revue is a feel-good favourite at any time of year, but Christmas and New Year's celebrations take things up a notch. "We look forward to being part of the new hotel come spring, but we're always the Mayfield Dinner Theatre. Edmontonians know it, and they love it."

1 NEWS

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This archival photo is the only photo of the inside of an Edmonton Cold War bunker, which is expected to reopen in summer 2015. COURTESY EDMONTON CIVIL DEFENSE MUSEUM

Cold War bunker under restoration

Reopening the past.
Group aiming to restore bunker that's been sealed for more than 40 years



STEPHANIE DUBOIS
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Many walk by thinking it's a utility shed, but behind the doors of a small structure

in the west end of Edmonton lies the city's Cold War secret.

Built in 1954, a bunker was built three feet underground, once functional seven days a week with a control centre above ground.

"It was believed that if the City of Edmonton were to get bombed that it would be in downtown ... so by the time the shock would have got over to the west end, it would be dissipating and this would basically be a safe zone," said Fred Arm-

bruster, executive director of Edmonton Civil Defense Museum.

The bunker was designed to hold 36 people, but never held any occupants other than the staff that worked in the control centre, who would often practice in case of an emergency, said Armbruster.

The bunker was sealed up in the 1970s, but local museum officials are currently restoring the bunker so it can be reopened in the summer of 2015.

Serious injuries

Elderly man hit by car

Police are investigating after a vehicle struck an elderly pedestrian on 111 Avenue and 135 Street.

West Division Staff Sgt. Andria Edge said the 81-year-old man had been taken to hospital with serious injuries and police were awaiting an update on his condition.

She said it was very early in the investigation, but they believed the road conditions might have been a factor in the collision.

Anyone who witnessed the collision is encouraged to contact police at 780-423-4567.

METRO

The snow has arrived. Parking ban still in place

It will likely be at least Tuesday morning before a parking ban along city bus routes is lifted, as the city moves to dig out from the first big snowfall of the year.

Bob Dunford, director of roadway maintenance, said they didn't get as much of a response from contract equipment as they had hoped, which is slowing response times.

"It didn't allow us to get as far as we would like into the bus routes," he said.

Dunford said because they were slower getting to the bus routes than they had hoped, they haven't yet had to worry about whether drivers were respecting the ban, but he made clear crews would be



Any streets marked with signs like this fall under the parking ban.

METRO FILE

out in full force Monday.

He also said the Tuesday target would depend on the city not getting hit with much more snow over the next few days.

RYAN TUMILTY/METRO

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Calgary faced similar challenges. Over the past 30 years it has annexed land 16 times to enable growth.

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Perks. Federal workers rewarded with more than \$100K of gifts each year

Hockey tickets, camcorders, iPods, spa visits — even a gift card to the liquor store.

This is some of the half-million dollars of booty that one federal department handed out to favoured workers in the last five years.

The Treasury Board Secretariat, with about 1,900 employees, now spends well over \$100,000 each year on rewards for staff.

The annual value has quadrupled since 2006, when the Conservative government first came to power.

The value hit a peak of

\$135,000 in 2011, the year the Conservative government began cutting staff and programs to wipe out the federal deficit by 2015.

Treasury Board President Tony Clement has recently criticized the benefits available to public servants, and publicly vowed to trim them, putting him at odds with unions.

But internal documents show his department has been ever more generous with its so-called Instant Awards program, sometimes handing out goods and services worth as much as \$500 a pop. **THE CANADIAN PRESS**

Dozens injured

Tornadoes sweep across Midwest, killing at least 5

Dozens of tornadoes and intense thunderstorms swept across the Midwest on Sunday, unleashing powerful

winds that flattened entire neighbourhoods, flipping over cars, uprooting trees and leaving at least five people dead.

Illinois took the brunt of the fury as the string of unusually powerful late-season tornadoes tore across the state, injuring dozens. **THE ASSOCIATED PRESS**

Pakistan planning to try ex-president for treason



Pakistan's former president Pervez Musharraf, centre, leaves after appearing in court in Rawalpindi, Pakistan, in April. Pakistan's government plans to put Musharraf on trial for treason for suspending the constitution while in power. ANJUM NAVEED/THE ASSOCIATED PRESS FILE

Musharraf. Former leader could face death penalty if convicted for suspending constitution while in power

Pakistan's government plans to put former president Pervez Musharraf on trial for treason for declaring a state of emergency and suspending the constitution while in power, the interior minister said Sunday.

Musharraf, a former army chief, would be the first military ruler tried for treason in

Charges

"The constitution was ruined and violated. The judiciary was humiliated."

Pakistan Interior Minister Chaudhry Nisar Ali Khan

a country that has experienced three military coups in its 66-year history. He could face the death penalty or life in prison if he is convicted, but some question whether the country's powerful army actually will let that happen. Musharraf has maintained his innocence.

The government plans to send a letter to the Supreme Court on Monday asking that treason proceedings begin under Article 6 of the constitution, Interior Minister Chaudhry Nisar Ali Khan said during a news conference. The government made its decision after an investigating committee formed under the direction of the Supreme Court collected enough evidence for a trial, Khan said.

He insisted the government's decision to put the former president on trial was not a personal vendetta by Prime Minister Nawaz Sharif, who was toppled in a military coup by Musharraf in 1999. **THE ASSOCIATED PRESS**

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Feds late in reviewing whistleblower law



Sylvie Therrien near her B.C. home on Friday. DARRYL DYCK/THE CANADIAN PRESS

The Public Servants Disclosure Protection Act. It's supposed to be re-examined every five years

Sylvie Therrien now lives at a friend's house because she can't afford to pay rent after

being fired from the federal public service.

Therrien was sacked for revealing there are quotas — \$35,000 to \$40,000 in clawed-back benefits each month — imposed on every public servant investigating employment-insurance fraud.

Therrien said she had no other choice but to turn to the media after she tried

to raise the issue internally and was rebuffed.

She says the law designed to protect her, as a whistleblower, should have meant congratulations, if not money. But Therrien never had faith in that law, she said.

Canada's whistleblower law, enacted by Prime Minister Harper's government in 2007, has done nothing

to help people who raise red flags, critics say.

And the law, which is supposed to be re-examined every five years, is well past the due date for a review, the federal integrity commissioner Mario Dion says. Allan Cutler, a whistleblower during the sponsorship scandal, said the law has done nothing to help.

THE CANADIAN PRESS

Sex charges. Ex-priest allowed to leave Canada before trial: Official

A former priest who this week is to face 76 sex charges involving Inuit children may have been tried years ago but for a quiet nod from Canada that allowed him to leave the country, says a church leader. Georges Vervust is the top official with the Belgian Oblates, an order of Catholic priests that sent Eric Dejaeger to several communities in what is now Nunavut.

Vervust sheds light on questions that have troubled Dejaeger's alleged victims for nearly a decade: How was a man facing child-abuse charges allowed to leave the country days before his trial? And why did it take so long for him to be returned?

"What I have heard is that he got advice from people from the Justice Department, off the record, that he should leave," Vervust said in a Belgian documentary. Dejaeger's trial, beginning Monday, includes allegations from Feb. 19, 1995, when he was originally charged with three counts of indecent assault and three counts of buggery, a charge no longer in the Criminal Code. They relate to his time as a priest



Disgraced priest Eric Dejaeger is shown in an undated Interpol photo. THE CANADIAN PRESS FILE

in the community of Igloolik between 1978 and 1982.

Dejaeger has pleaded not guilty and will be tried by judge alone. There was no preliminary hearing in the case, as the accused waived his right to one.

The disgraced priest was able to live quietly in Oblate communities in France and Belgium until he was returned in early 2011.

THE CANADIAN PRESS

Declassified

Mulroney cabinet documents reveal struggle with abortion law

Recently declassified federal cabinet documents show Canada could have been a very different place for women seeking abortions and the doctors who provide them if then-prime-minister Brian Mulroney had bent to the wishes of some cabinet heavyweights.

The minutes of cabinet meetings, sealed for 20

years and obtained under the Access to Information Act, open a window on the tensions between ministers who wanted abortion outlawed — indeed punishable by up to 10 years in prison for those who performed the procedure — and those who wanted a far greater latitude on a woman's right to choose.

It was the Senate in 1991 that killed the best compromise Parliament could come up with, resulting in the legal vacuum most Canadians have by now accepted. THE CANADIAN PRESS

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Quebec. Snack-maker won't back down from native boy logo in holiday campaign

A Quebec snack-maker won't back down from plans to re-introduce a popular old logo of a cartoon aboriginal boy in a loincloth and feathered hat.

Krispy Kernels snack foods drew some criticism for a holiday marketing campaign featuring the old logo that hasn't been on the market for more than 20 years.

Its chip-package logo was well known for decades in Quebec, where the company is based.

It first appeared when the company was founded



Vintage bags of Yum Yum potato chips featuring their aboriginal boy logo. RYAN REMIOZ/THE CANADIAN PRESS

in 1959 and disappeared in 1990 during the Oka Crisis. **THE CANADIAN PRESS**

Saturday Night Live

NBC show mocks Rob Ford in opening sketch

Saturday Night Live has joined its late night TV brethren in claiming a stake in the Rob Ford comedy gold mine, lampooning

Toronto's mayor.

SNL opened with Bobby Moynihan portraying Ford in a skit that parodied his repeated public apologies for such things as smoking crack, buying drugs, driving after drinking and using vulgar language. Ford was again targeted on their Weekend Update.

THE ASSOCIATED PRESS

Western studies porn's effect on relationships

Sexual health study.

A special appeal is being made for people who don't use porn but have a romantic partner who does



MIKE DONACHIE
Metro in London, Ont.

Do you watch pornography? Shy? Won't admit it?

That's the problem, say Western University researchers in London, Ont. Lots of people use porn but too few people admit it.

So they have made an unusual appeal. They want people to talk frankly — but anonymously — about their porn preferences to help a historic study into its effect on relationships.



Taylor Kohut, a research assistant at Western. MIKE DONACHIE/METRO LONDON

"We know that a lot of people are consuming pornography, both men and women," said Taylor Kohut, research assistant in the department of psychology. "We've known this for quite some time, although specific numbers are hard to pin down."

"We know that some

people think this is affecting their relationships in different ways. What we don't know is why or how."

There has been research into porn and sexual behaviour for more than 40 years, said Kohut, but no definitive study during the Internet age.

The work at Western, led by professors Dr. William

Fisher and Dr. Lorne Campbell, will be a first for the study of sexual health. It's been awarded a government grant of \$144,570.

An online questionnaire asks what people are looking at, whether they do it alone or with a partner, and how they think it affects their relationship.

Here's how to get involved

Can you take part in the Western University research into pornography? Absolutely! Here's how:

- The study itself can be found at goo.gl/duuwmW
- For more information about the research, go to smartla5.wix.com/smartlab or facebook.com/smartlabwesternu.

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Gail

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Wendy

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Source: Metropolitan Panel Survey; 128 Respondents

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EDMONTON GOODS MOVEMENT STRATEGY

FIND OUT MORE.
Drop-In Open House
Wednesday, November 20, 2013, 4:30 p.m. - 8:00 p.m.
Central Lions Seniors Recreation Centre, 11113 113 Street

City planners are hosting a public information session to present the final draft of the Edmonton Goods Movement Strategy. The strategy will guide decisions and actions that will enhance the efficient and safe movement of goods and services.

This is an opportunity for industry and community members to learn more about the project. Project staff will answer questions and gather comments throughout the evening.

FOR MORE INFORMATION
www.edmonton.ca/GoodsMovementStrategy

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Learn more about and get involved in City issues affecting you and your neighbourhood. Go to www.edmonton.ca/PublicInvolvementCalendar for a list of public involvement opportunities.

Rumours of the death of cable TV have been greatly exaggerated

Cutting the cord, slowly.

While cheap streaming services are on the rise, only 3.5% of us have cancelled costly TV subscriptions since 2011

Watching television on the Internet is cheap and convenient, but so far only a small number of Canadians have cut the cord on traditional viewing as TV providers offer discount prices and spend more on programs to keep customers who pay bigger monthly bills.

The death of traditional TV watching has been overblown so far, say analysts who track viewing habits.

"The truth of the matter is the revolution hasn't

Birth of 'cord nevers'

Eric Rosenquist, who has a blog called Adventures in Canadian Cord Cutting, said a real change will come in viewing with younger Canadians, calling them "cord nevers," an industry term used to describe those who don't bother at all getting a TV subscription.

come," said Brahm Eiley of the Convergence Consulting Group in Toronto.

It's slow moving, with about 400,000 TV subscribers — 3.5 per cent — out of 11.8 million who have cut the cord since 2011, Eiley said, adding cord cutting started after the arrival of online subscription service Netflix in late 2010.

"TV is not dead," Eiley said.

Canadians watch about 28 hours of TV a week and another three hours on the Internet, according to the Canadian Radio-television and Telecommunications Commission.

But the movement to on-line viewing can't be ignored because it has a cost for TV providers. The average revenue that a TV customer generates is \$65 monthly, compared with almost \$45 for an Internet customer, Eiley said.

TV providers are fighting to keep every subscriber and Bell's Fibe TV has been leading the way with aggressive promotions noted by competitors Rogers and Videotron, which have lost customers in the intensely competitive environment.

THE CANADIAN PRESS



Bedside manner 2.0

The doctor isn't in, but he can still see you now. RP-VITA robots enable physicians to have a different bedside presence as they "beam" themselves into hospitals to diagnose patients and offer medical advice during emergencies. A growing number of hospitals in the U.S. are using telepresence robots to expand access to medical specialists, especially in rural areas where there's a shortage of doctors.

RICH PEDRONCELLI/THE ASSOCIATED PRESS

Trend. Once eggs dry up, old hens are dumped

Backyard chicken enthusiasts find the fun of bringing a slice of farm life into the city stops when the hens become infertile. Hesitant to kill, pluck and eat a chicken, some people abandon the animal in a park or rural area.

As a result, more old hens are showing up at animal shelters, where workers increasingly respond to reports of abandoned poultry.

Urban chicken populations have been on the rise since the mid-2000s.

THE ASSOCIATED PRESS

Random biz fact of the day

3

At least half of all job seekers with smartphones or tablets spend 3 hours or more looking for jobs on those devices every week.

CAREERBUILDER

Irish filling skill gaps in Canada

Western Canadian construction companies that are struggling to hire highly skilled workers will be offering jobs to almost 500 skilled Irish trades people, following a recruitment drive in Dublin and Belfast.

The job fairs were organized by the B.C. Construction Association and drew about 800 people in Belfast on Oct. 31 and about 2,000 others in Dublin on Nov. 2, said Abigail Fulton, vice-president of the B.C. Construction Association.

Looking to hire were 28

companies mostly from B.C. and Saskatchewan, although two came from Alberta, added Fulton. A college and two construction associations also set up booths at the event.

"These are highly skilled positions, in specific trades where there are critical shortages, and these people, for the most part, particularly in B.C., are coming in as permanent residents," said Fulton.

The B.C. government has predicted there will be more than one million job openings

in the province over the next decade, and more than 153,000 of those will be among trades, transport, equipment operators and related occupations.

But there is also an immediate need for workers and Ireland appears to have a surplus, especially after its economy crashed in 2008. In fact, Fulton has said previously that one job fair last year drew 20,000 people.

Employers attending this year's job fairs were looking for skilled workers like heavy-duty

mechanics and metal fabricators, said Fulton, and she expects there'll be about 484 job offers — and half of those will be made by employers subject to collective agreements.

"This is not just a case (of), you know, low-wages ... jobs."

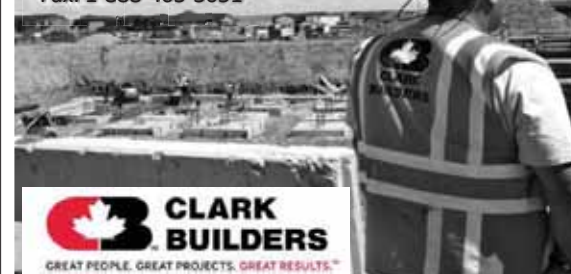
Many of the recruits will be coming to Canada under British Columbia's provincial nominee program, which allows the province to bring in immigrants and their families on a permanent basis, she added.

THE CANADIAN PRESS

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Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

Day 11

metronews.ca/temp

Financially unstable

'The bank won't lend you money'

Temporary work in Canada presents a number of uncertainties on the job, but one real-estate agent in Saskatoon said those uncertainties go beyond the office.

Agent Paul Chavady says banks aren't willing to provide mortgages to those working in temporary positions.

"The bank won't lend you money," he said. "They require a stable income where a worker is permanently employed and off probation."

While real-estate agents in Saskatoon don't usually deal with rental properties, he said he would have no problem renting a temporary worker an apartment, but said he would be hesitant about signing a long-term lease, as the financial situation of a temp is too fluid. **METRO IN SASKATOON**



GETTY IMAGES

Temp vs. Perm

16%

A recent Statistics Canada study showed that temp workers earn on average 16 per cent less than their permanent peers.

Temp Enters a Universe of Pain

It was a Quentin Tarantino standoff where everyone holds up a gun at everyone else, except there weren't guns, just words and emotions. The Danimal looked at Kyle and then at Sarah and hissed. "You cradle robber."

Sarah shot back, "What about you, Dan?" (Referring to moi.)

"I'm only here with Shannon to talk business."

"Yeah right, cowboy."

Danimal walked up closer and that's when Kyle slugged him in the gut — well, more like where your gut touches your rib cage. It sounded like a kettle-drum and Danimal fell to the floor shouting astonishingly unprintable things at Kyle and Sarah, who up and left.

"What is wrong with that kid!" shouted Dan, "Oh my God, the pain!"

"Thanks for accusing me of spying," I said.

He coughed. "Shannon, take me to emergency. I think I'm going to die."

We went to his BMW where he curled into a ball in the passenger seat while I drove.

I said, "I really shouldn't be doing this. You're mean."

"Just take me to Crown Permanente."

"Oh. Going to the rich people's hospital are we?"

"Please drive."

We arrived and Danimal hobbled out of the seat and into Emerge, an oasis of calm with tastefully matched fabrics and gentle lighting. There was a copy of *Modern Symphony* magazine



on the walnut-inlaid coffee table. We went to the desk where a supermodel was moonlighting as a nurse on duty.

Dan groaned, "I need an X-ray. Quick."

"Of course, sir. I'll need to take an imprint of a credit card. We accept all major cards."

The Danimal walked up closer and that's when Kyle slugged him in the gut — well, more like where your gut touches your rib cage.

Danimal looked in his pockets. "Oh jeez, it's in the pocket of the jacket that went out for dry-cleaning today. Just let me in. I'll bring it tomorrow. I'm totally insured."

I could see that our supermodel had been through this many a time. "I'm sorry sir, but without an imprint of a valid card with the correct credit limit, I'm afraid there's nothing further we can do."

"I—" He was speechless.

"Welcome to my world," I said. "Get back in the car. I'll take you to Saint Eustace."

"That's in the worst part of town."

"What's your point?"

So we drove off to Saint Eustace. "It's just a slug in the gut, Dan. How bad can it be?"

"He broke something. Or damaged my heart. I can tell. Oh my God, the pain!"

We pulled up to Saint Eus-

Random fact of the day

- The total weight of ants on Earth is about the same as all the weight of humans.



SOURCE: WTFUNFACT.COM

tace, which resembled the battle-ravaged Vietnamese village remains in part three of *Full Metal Jacket*. A conga line of sick and wounded people stretched out the front door and into the street. One quick wardrobe change and you'd have *Les Misérables*.

"I can't go in there," Danimal said.

"It's either that or nothing. Want me to take you home?"

"No!"

"OK, then join the line."

TO BE CONTINUED...

Random biz fact of the day

85%

Smile like you mean it — 85% of the decision to hire or promote an employee is based on the individual's attitude.

SOURCE: NEXCAREER

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THERE'S SNOW MUCH WE COULD DO

Anyone who knows anything about Edmonton knows it is a winter city. Every city in Canada has winter, and with a few exceptions the snow and cold weather that go with it. But being designated a winter city is something different. It means we are very cold during the winter months. Sometimes, we are very, very cold. Not many major urban centres in Canada can claim that it sometimes gets to -40 C.

The intent of the city's Winter City strategy is to make Edmontonians feel good about winter and keep them from hibernating for four months every year. The organizers want us to get out and celebrate winter.

Celebrate may be too strong a statement, but in any event, we are all supposed to get out during the winter months and take part in whatever there is to do. This is supposed to help us see ourselves as living in a dynamic city regardless of the weather.

Most people would agree that leading by example is a fine idea.



URBAN COMPASS
Terence Harding
edmonton@metronews.ca

Someone might want to pass that information along to the organizers of the Santa Claus parade. What message does it send to Edmontonians and others when apparently we think it is too cold here in December to have an outdoor parade?

If we put our minds to it, we could have the best winter carnival west of Quebec City.

This we could do very well and it would be organic.

That is to say, it is a natural outgrowth of our weather and heritage.

Maybe we could take a lead from the Calgary Stampede and call our winter carnival "The greatest snow on Earth."

A good way to kick off a winter carnival would be to have a great Christmas parade outside. We are too late to do that this year, but we should be considering it for next Christmas.

Now that Capital Boulevard (108 Street) from 104th Avenue to

Embracing the cold

If we put our minds to it, we could have the best winter carnival west of Quebec City. This we could do very well and it would be organic. That is to say, it is a natural outgrowth of our weather and heritage.

the Legislature is pretty much finished, it would make a great part of the parade route.

On an entirely different note:

When someone whose abilities people admire retires or otherwise moves on, we often say that it is going to be difficult to fill their shoes.

Our new mayor has only been in office a few days, but one day he too will move on.

And it is really going to be difficult to fill his size-15 shoes.

ZOOM

The terror of the monkey's mask



COURTESY PERTTU SAKSA

Monkeys forced to dance in public

Finnish photographer Perttu Saksa has explored Indonesia's chilling world of dancing monkeys — macaque monkeys clad in dolls' masks and children's clothes, trained to behave like humans and then sent out onto the streets to beg for money.

"They are sort of a mirror," says Saksa on how he

highlighted the monkeys' weird, anthropomorphic quality.

"By making the monkeys the centre of my images, I focus on ideas of a more universal nature, like whether or not we should feel empathy towards them."

So for Saksa, the portraits are a barometer of gauging indifference towards others' suffering.

METRO

Photog's viewpoint



"They are animals, forced to behave like humans do."

Of course all of them were very stressed, some of them were sick."

Perttu Saksa, artist/photographer, 35

Clamping down

- Last month, Jakarta authorities began clamping down on street monkey performances. The city government is buying back all monkeys used as street buskers and donating them to zoos.

- Jakarta Animal Aid Network says 350 animals work as street performers.

A hearty gesture

Pope promotes prayer like meds — crowd gets pillboxes of rosaries

Joking that he's like a pharmacist, Pope Francis is promoting prayer as medicine for the heart.

Appearing on Sunday at his studio window, Francis held up a rosary in a box designed to resemble a packet of pills, before volunteers distributed thousands of those boxes, which feature a design of a human heart.

Francis said he was recommending reciting the rosary prayer as a "spiritual medicine" that is "good for the heart."

Francis's down-to-earth way of speaking, in a style ordinary people can readily understand, is drawing



A box, shaped like a pillbox, contains a rosary that was distributed at the end of Pope Francis's traditional Sunday appearance in St. Peter's Square.

GREGORIO BORGIA/THE ASSOCIATED PRESS

larger-than-usual crowds to St. Peter's Square for his traditional weekly appearances. About 80,000 tourists and Romans packed the square on Sunday.

THE ASSOCIATED PRESS

Twitter



@jeangra68434593: Donate CASH to The Salvation Army and The Red Cross. Those on the ground know specifically what is most urgently needed & where

@metropicks asked: Canada has been criticized for sending only \$5M and 1 DART team for Philippines disaster relief. What do you think is the best way to help?

@jeffoulds: Alot better then China. \$1.5 million

@matdey1980: ask the sport stars, they got money coming out if the wood works!

@SmithMuranocity: give me the 5MM we do what we can not what they want

@commsgghost: don't send Anything !!

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: edmontonletters@metronews.ca

Ebooks



12 Years a Slave

By. Solomon Northup

iBooks for iPad/Mac



MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

It takes an insidious plan to kidnap an intelligent, observant man like Solomon Northup, and harrowing brutality to keep him enslaved afterwards. No wonder a movie has been made of his determined escapes from strange cruelties and stranger men. This Bybliotech edition gives better care to its illustrations and makes the 160-year-old text easier to understand with audio narration.

Box office

Thor hammers competition

In an unlikely battle of sequels, Thor: The Dark World bested The Best Man Holiday at the box office. Disney's Thor: The Dark World continued its box-office reign with \$38.5 million in its second week of release, according to studio estimates Sunday. Opening 15 years after the original The Best Man, Universal's The Best Man Holiday opened strongly with \$30.6 million. **THE ASSOCIATED PRESS**



In 12 Years a Slave, Brad Pitt plays enlightened Canadian carpenter Samuel Bass, who in real life was from Ontario's Augusta Township. CONTRIBUTED

Catching Canada's Bass

12 Years A Slave. Descendants of the real-life Samuel Bass learn of their ancestor

His torment ends only after a chance encounter with an enlightened Canadian carpenter, Samuel Bass, played by Brad Pitt, who agrees to help him contact friends who can vouch for his identity.

Pitt's character is based on a real-life figure from Ontario's Augusta Township, and 160 years later, his descendants say they are amazed to learn of their forefather's brave response to a man in need.

"The movie is about Solomon Northup, right? But we would never have heard of him, I guess, if he hadn't met my great great great grandfather," says 50-year-old Kenora, Ont., resident Laurie Morris, whose mother is descended from Bass's second daughter Hannah. "For the Canadian side of things, it shows we're good people. I just imagine being down there and being the only Canadian with an opinion like that."

Morris and other descendants say they are only now discovering details about Bass, who left Canada sometime around 1840 and took on a series of carpentry jobs throughout the United States.

It turns out that other aspects of his life were not so honourable — census records show he left behind a wife, Catherine Lydia Lane, and four daughters: Catherine, Hannah, Martha Maria and Zeruah Bass, says Bonnie Gaylord of the Grenville County Historical Society in Prescott, Ont.

Morris' 75-year-old mother says that could be why she had never heard of Samuel Bass until 12 Years a Slave.

"He wasn't talked about in our family. I guess it was because he was never around," says Rae Moulton Todd of Prescott, located about 100 kilometres south of Ottawa, near the original Bass family farm.

"It is kind of exciting. And

Bass' background

This past summer, historian and author David Fiske traced Bass to southern Ontario. He says he became curious about the man's background after doing some broader research on the book 12 Years a Slave for Fox Searchlight's marketing department in advance of the film's release. He found the link in Sue Eakin's 2007 enhanced version of Solomon Northup's 12 Years a Slave and Plantation Life in the Antebellum South, which included material from the diary of a lawyer Bass hired to draw up a will.

then I turn around and I think, 'He really was a big jerk.' He left his wife and four daughters here to be looked after by whoever."

THE CANADIAN PRESS



Good friends. Good food. Good times.



MARGARITAS
& Chicken
Fingers

TEMP2710

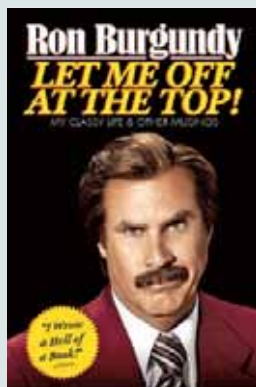
Let us introduce you to your next favourite book

With winter's grip starting to tighten, there is no better way to spend a cold night than curled up in bed or in your favourite chair with a good book. Here are three suggestions to get you in the reading mood.

EMILY LAURENCE

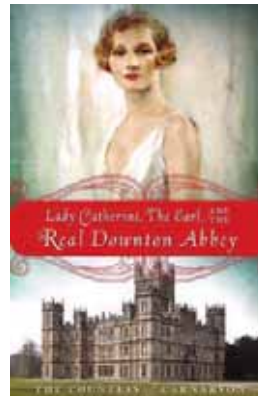
Let Me Off At The Top! My Classy Life & Other Musings, by Ron Burgundy

You don't have to wait until the release of *Anchorman: The Legend Continues* to hear some of Ron Burgundy's wise words. The anchorman, played by Will Ferrell, is releasing a classy new book Tuesday and while it doesn't smell of rich mahogany, it includes plenty of personal anecdotes. From dispelling myths about his hair to his secret to musings about the women he's loved, Burgundy's short stories are personal and detailed.



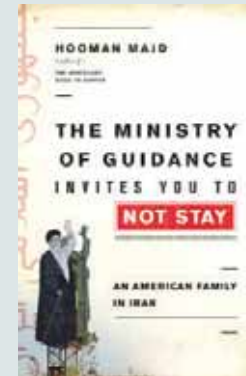
Lady Catherine, the Earl, and the Real Downton Abbey, by The Countess of Carnarvon

Downton Abbey fans will devour this new true story, written by the Countess, whose first book inspired the show. After her last book spent nearly a year on the New York Times best seller list, the royal author is back with another page-turner full of royal scandal and affairs. In the book, a divorced Lady Catherine faces the heartache of war when her husband, ex-husband and son all join the military.



The Ministry of Guidance Invites You To Not Stay: An American Family In Iran, by Hooman Majd

Moving from Greenpoint, Brooklyn to Iran proves to be quite the culture shock in this true story, written by Iranian-American journalist Hooman Majd. Majd's wife is from the Midwest and doesn't blend in so easily — even when wearing a head scarf. The challenges they face range from trivial (hunting for booze) to serious (it's 2011 and US-Iran relations



are not exactly friendly) and make this book as entertaining as it is heart-warming.



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Canada



Ben Affleck

Who's the best Batman, Ben? A gutsy five-year-old

Ben Affleck is getting ready to suit up as Batman for Batman vs. Superman, but he's smart enough to know when he's been bested. After the Make-a-Wish Foundation helped transform San Francisco into Gotham City Friday for the benefit of 5-year-old Miles Scott — who quickly became known as Batkid — Affleck took to Twitter to show his support. "Batkid. Best Batman ever," he posted.

Pop Goes the Week

Beckham's big Knight may change Posh's constant scowl

STARGAZING
Malene Arpe
scene@metronews.ca

David Beckham is in line for a knighthood. That explains why his wife, while writing "Lady" 756 times this week had a brief facial expression other than scowling.

A man nails his privates to the ground in the Red Square to protest Russia's devolution into a police state. In unrelated news, Steve-O has been reported missing from his Los Angeles home.

Reasons that Liongate's possible Hunger Games theme park is a really fantastic idea. 1) The Rollercoaster of Random Weapons and Disembowelment is super-fun. 2)



Squirrel on a stick may be neither healthy nor delicious, but it sure is cruel. 3) If your kids go missing while at the park, you can find them at the Lost and Drowned.

Justin Bieber's new song contains the lyrics, "Ooh, you know females/ And how they like to run their mouths." The song continues, "I'm so sorry/ I didn't mean it / I'm too little for corporal punishment/ And my rhymes suck/ #respectyourmothers. This week in tiresome

millionaires: 1) Justin Timberlake complains about critics and says that sometimes he "just wants to bleeping kill everybody." 2) Olsen twin Mary-Kate says that people who don't like her and her sister — purveyors of \$55,000 crocodile backpacks — have "an uneducated perspective." 3) Tom Cruise belatedly scoffs at his own statement that acting sometimes is as hard as fighting in Afghanistan.

Stevie Nicks will guest on American Horror Story. TOO MUCH HAPPINESS.



Justin Bieber

Bieber in the neighbours' bad books

After an eventful tour leg through South America, Justin Bieber was probably hoping to have some relaxing time at home without any more trouble during his break in Los Angeles. Good luck with that. The 19-year-old pop star's neighbours reportedly called the police multiple times early Saturday morning with noise complaints, resulting in two visits from the Los Angeles County Sheriff's office, according to TMZ.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Lady Gaga. ALL IMAGES GETTY

She may live fast but Gaga's not dying young

Lady Gaga is currently 27 years old, a fateful age for famous musicians, as that's the age at which Jim Morrison, Jimi Hendrix, Janis Joplin, Kurt Cobain and — most recently — Amy Winehouse, passed away. But Gaga insists she won't be joining the 27 Club. "I want to show people that I will last past 27 and I

will last longer, and so will you," she says during an interview with New York radio station Z100. "I want to change this code in the atmosphere that in order to be remembered, I must die young. In order to be remembered as a legend, I must be dead first. This is unhealthy."



Twitter



@ParisHilton

Just had the most incredible deep tissue massage down at the spa. Feel so relaxed. Perfect way to cure my jetlag. Now time for a swim!



@rosemcgowan

I want a cheeseburger



@SarahKSilverman

Other than a couple primal screams I haven't spoken aloud in a good 36 hours

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Brad McDonald

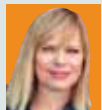
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Travel tip

All-inclusive is the way to go



IT'S ALL
RELATIVE
Kathy Buckworth
Kathybuckworth.com

Visiting an all-inclusive

resort located on a hot sandy beach can be the perfect way for families to get fun, sun, and all-you-can-eat buffets designed to satisfy even the pickiest eater. Kids Clubs and a variety of activities for the whole family can keep everyone happy. But beyond the walls of the all-inclusive is likely a new country with history, culture, art, adventure,

and cuisine to discover. Many resorts or vacation providers offer daily or overnight trips which leave from the resort and deliver an easy, hassle-free way to take advantage of the riches of the region. There is usually a selection of active adventure trips, visiting local villages or enjoying a cultural experience such as a museum or theatre.

Families can try local food, shop in markets for authentic goods, try unique physical challenges and contribute to the local economy while learning about the rich history. Transportation and accommodations are arranged for a hassle-free sojourn before returning back to the comfort and relaxation of the all-inclusive.

Exclusively online



- Parenting — it's like being a contestant on Let's Make a Deal. Find out why, and get a great cocktail recipe, at metronews.ca/voices. For the best-selling new mommy gift, pick up Reasons Mommy Drinks, by Lyra Martin Evans and Fiona Stevenson, in bookstores now.

Temps in your family

A "now playing the role of..." voice-over is all it takes to swap actors out on daytime soaps. The newbies pick up right where their predecessors left off. Imagine if your family members could be subbed out for telegenic temps...

Here are a few characters who would make excellent temporary relatives

MIKE DOJC/FOR METRO



Pet: Brian Griffin (Seth MacFarlane)

Harry S. Truman once advised getting a dog if you wanted a friend. Pooches offer loyal companionship and unconditional love. You may love them right back, but there's still always the hassle of cleaning up after them and taking them on walks. With Brian, there are no strings attached. He can totally take care of himself, so no poop scooping. Besides, he's a talking dog and incredibly smart. But make sure to lock up your liquor cabinet, as he has a nose for dry martinis.



Father: Robert Crawley (Hugh Bonneville)

A dapper well-bred gent, Robert may be a bit of a traditionalist, but at the same time he's always hip to the latest technologies, jumping at the chance to modernize Downton Abbey with electric chandeliers and telephone lines. Most importantly, he's an excellent dad who loves his daughters dearly. While he may initially disapprove when Sybil runs off with the chauffeur or Edith starts writing for the newspaper, he always comes around and eventually accepts decisions they make that further their happiness.



Mother: Rayna James (Connie Britton)

Nashville's Queen of Country — pretty much an amalgam of Reba McEntire, Faith Hill and Tami Taylor from Friday Night Lights — is sweet as tea. Despite decades atop the charts, this big-hearted star remains down to earth. How many other multi-platinum artists do their own grocery shopping? While her man situation can get complicated, she's always protective of her daughters. Her priority is shielding them from any drama. The only downside to having Rayna as a mom would be listening to your friends blather on about your yummy mummy.



Sister: Ann Perkins (Rashida Jones)

A great friend and confidante, Parks and Recreation's Ann Perkins is loyal almost to a fault, always putting the needs of others above her own. Above all, her most unique talent is fading into the woodwork while making other people shine. A top-notch straight woman, having her around will make your jokes seem way more hysterical. Also, considering how well she tolerates the oddball antics of Tom, Chris, Andy et al., you won't have to worry about any of your buddies creeping her out.



Wife: Jess Day (Zooey Deschanel)

The ultimate manic pixie dream girl, Jess is as bubbly as she is beautiful. The textbook definition of "adorable," she constantly radiates sunshine while rocking Kewpie-doll-cute outfits. She's also loving, loyal and supportive to her circle of friends and is amazing with children. Besides, even Jess' borderline annoying habits of randomly bursting into song or channelling an '80s TV show for an impromptu impression are endearing 99 per cent of the time.

3

THE

Photos with Santa

Monday to Saturday:
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Vanilla-infused Fruity Crème Brûlée makes for light ending

Want a treat after a hearty dinner that isn't too heavy? This crème brûlée with its surprising fruit finish is the perfect choice.

1. Divide berries evenly in bottom of four, oven safe (4 oz/118 ml) ramekins.
2. Spoon 1/3 cup (75 ml) yogurt into each ramekin, over top of berries.
3. Sprinkle yogurt in each ramekin with 1 tbsp (15 ml) sugar.

Ingredients

- 6 tbsp (90 ml) fresh berries (such as raspberries, blueberries or sliced strawberries)
- 1 1/3 cups (325 ml) Yoplait Yop! Greek Yogurt – Va-Va Vanilla Bean
- 4 tbsp (60 ml) granulated sugar or brown sugar, depending on method used for last step



This recipe serves four. JJ THOMPSON

4. Holding kitchen torch 3 to 4 inches (7.5 to 10 cm) away from yogurt, caramelize sugar by heating with torch about 2 minutes, moving flame continuously over sugar in circular motion until sugar is melted

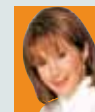
and light golden brown. If you don't have a kitchen torch, you can also use your broiler. The results will be slightly different though and it is recommended that you use brown sugar instead of granulated sugar.

Preheat your broiler. Sprinkle each serving with 2 tsp (10 ml) brown sugar. Place ramekins on a baking sheet and place 4 inches (10 cm) from broiler and broil until sugar is melted.

COURTESY YOPLAIT CANADA

Healthy eating

Choose it and lose it



ROSE REISMAN
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rosereisman.com or follow
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Who doesn't love street meat? When you're on the go, it's a great lunch solution — but the wrong choice will have you filling up on calories and fat.



Sausage on bun with fried onions, cheese sauce, peppers

887 calories/55 g fat

Street vendors selling greasy sausages will put your blood pressure and cholesterol off the charts.

Equivalent

A sausage on a bun with fried onions, cheese sauce and peppers is equal in calories to nine M&M Meat Shop mesquite steaks.



2 hot dogs on small buns with mustard, relish and ketchup

388 calories / 22 g fat

You're better off enjoying two small hot dogs with half the fat and calories.



Dessert. Grape Tart



1. Preheat oven to 375 F.
2. Line a 10-inch tart pan with pastry. Arrange grapes snugly in decorative rings in pastry.
3. In an electric mixer combine almond paste, egg, sugar, butter, flour, and salt until smooth to create frangipane.

4. Carefully spread over arranged grapes and bake for 35 minutes, until the tart is golden brown and cooked through. If using a convection oven, bake at 350 F for 30 minutes.

5. When tart is cool, remove from pan and dust with confectioners' sugar. NEWS CANADA

Ingredients

- 1 tart pastry, single crust for 10-inch tart
- 3 1/2 cups red or black seedless California grapes
- 2 oz almond paste
- 1 large egg
- 1/4 cup sugar
- 1/4 cup butter
- 2 tbsp flour
- Pinch salt
- Confectioners' sugar

Pot Stickers have a sweet side

Typically, pot stickers are wonton wrappers filled with pork or shrimp, crisped up in a pan, steamed, re-crisped, then served with a dipping sauce.

These Blueberry Pot Stickers take the savoury bites and turn them into a sweet snack.

1. In blender, combine 1 cup of blueberries, the yogurt, orange liqueur (if using), 1 tablespoon of the sugar, and 2 teaspoons of the lemon juice. Purée until very smooth, then set aside.

2. In bowl, toss heaping cup of remaining blueberries with remaining tablespoon of sugar and 2 teaspoons of lemon juice.

3. Spread out 4 wonton wrappers on work surface, keeping rest covered with plastic wrap. Place small mound of sugared blueberries in centre of each.

4. To form dumplings, brush the edges of wrappers with water. You can use a pastry brush, but it's also easy to just dunk your finger in a glass of water and rub it along the edges of the wrappers.

5. Lift 2 opposite sides of each wrapper up and press together above centre of blueberry



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

mound. Bring other two opposite sides up and press them together. This should form a little box with blueberries inside. Pinch wrapper together very tightly at seams to make sure they are well sealed. Repeat with the remaining blueberries and wrappers.

6. In a large nonstick skillet over medium, heat the oil until hot. Arrange the wonton packages, seam sides up, in the skillet. Cook until the bottoms are golden, about 1 to 2 minutes. Add 1/2 cup water, reduce the heat to low, cover the skillet, and cook for 5 minutes. At

this point the wonton wrappers should look somewhat translucent and cooked. If they don't, add a little more water and steam for 2 minutes.

7. Remove the lid and continue to cook until the water has completely evaporated and the bottoms of the pot stickers are crisp and golden. Gently loosen the pot stickers and divide between 4 dessert plates. Sprinkle lightly with powdered sugar and top each plate with a small scoop of frozen yogurt. Garnish with the remaining blueberries and mint. THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.

Ingredients

- 3 cups blueberries, divided
- 1/4 cup nonfat plain Greek yogurt
- 2 tbsp orange liqueur (optional)
- 2 tbsp sugar, divided
- 4 tsp lemon juice, divided
- 16 square wonton wrappers
- 1 tbsp vegetable oil
- Powdered sugar and mint sprigs, to garnish
- 1 cup low-fat vanilla frozen yogurt

Is it loopy to keep cursive in class?

Put down your pencils. As cursive writing loses steam in schools across North America, experts way in on the pros and cons of a former classroom staple

The swirling lines from Linden Bateman's pen have been conscripted into a national fight to keep cursive writing in the classroom.

In years gone by, cursive helped distinguish the literate from the illiterate.

But now, in the digital age, people are increasingly communicating by computer and smartphone. No handwritten signature necessary.

Call it a sign of the times. When the new Common Core educational standards were crafted in the U.S., penmanship classes were dropped. But at least seven of the 45 states that adopted the standards are fighting to restore the cursive instruction.

The argument for cursive

Bateman, a 72-year-old state representative from Idaho, says cursive conveys intelligence and grace, engages creativity and builds brain cells.

"Modern research indicates that more areas of the human brain are engaged when children use cursive handwriting than when they keyboard," said Bateman, who handwrites 125 ornate letters each year. "We're not thinking this through. It's beyond belief to me that states have allowed cursive to slip from the standards."

Why was it dropped?



Cursive writing is no longer being taught in many schools in the U.S. as some 45 states have adopted Common Core standards, which have eliminated the teaching of cursive writing. AL BEHRMAN / THE ASSOCIATED PRESS

U.S. state leaders who developed the Common Core — a set of preferred K-12 course offerings for public schools — omitted cursive for a host of reasons, including an increasing need for children in a digital-heavy age to master computer keyboarding and evidence that even most adults use some hybrid of classic cursive and print in everyday life.

"If you just stop and think for a second about what are the sorts of skills that people are likely to be using in the future, it's much more likely that keyboarding will help students succeed in careers and in school than it is that cursive will," said Morgan Polikoff, an assistant professor of K-12 policy and leadership at the University of Southern California.

The movement to have cursive restored

U.S. states that adopted Common Core aren't precluded from deviating from the standards. But in the world of education, where classroom time is limited and performance stakes are high, optional offerings tend to get sidelined in favour of what's required.

That's why at least seven states — California, Idaho, Indiana, Kansas, Massachusetts, North Carolina and Utah — have moved to keep the cursive requirement. Legislation passed in North Carolina and elsewhere couples cursive with memorization of multiplication tables as twin "back to basics" mandates.

Cursive advocates cite recent brain science that indicates the fluid motion employed when writing script enhances hand-eye co-ordination and develops fine motor skills, in turn promoting reading, writing and cognition skills.

What are the implications?

Adults unable to write cursive might think back to the experiences of Jacob Lew when President Barack Obama nominated him as treasury secretary in 2013.

- As treasury secretary, Lew's signature would be on U.S. currency. But that signature looked more

like a series of loops than the distinct letters in his name.

- "Jack assured me that he is going to work to make at least one letter legible in order not to debase our currency," the president joked at the time.

handwritten scholarship — if they can't read cursive. If they can't write it, how will they communicate from unwired settings like summer camp or the battlefield?

"The Constitution of the United States is written in cursive. Think about that," Bateman said.

What do the students and teachers think?

All the fuss seems a bit loopy to certain members of gens X, Y and Z — which have diverged increasingly from handwriting to computers.

The volume of first-class

mail at the U.S. Postal Service fell in 2010 to its lowest level in a quarter-century, just as computer use — and the keyboarding it involves — was surging.

Some 95 per cent of teens use the Internet, and the percentage using smartphones to go online has grown from 23 per cent in 2011 to 37 per cent today, according to the Pew Research Center. A 2012 Pew report found the volume of text messages among teens rose from 50 a day on average in 2009 to 60 a day on average two years later.

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Individualized majors aren't for school slackers

Hitting the custom-built books. Want to be the only person applying for biomimicry designs when you graduate? Go ahead and make your major

JULIA WEST
Metro World News

You could go to school for just about anything, within reason. Whatever your interests are, there's a school for that. But what happens when there isn't a major that teaches the specific studies you wish to learn? Dedicated students have found that sometimes, if what you want isn't being offered, you need to resort to a self-designed major. Beware, though — this track is not for everyone.

Before you start applying

Perks of picking

"Students in these programs achieve a much higher and more integrated understanding of the core ideas of their major, and how each constituent part fits in."

Joseph E. Devine
Of Carnegie Mellon University

for an individualized major at your school, consider not only your goal, but your work ethic and your ability to organize and communicate these thoughts to faculty members.

"Do not think of the student-defined option as a way around the more difficult parts of existing majors," warns Joseph E. Devine, associate dean of Dietrich College of Humanities and Social Sciences at Carnegie Mellon

University in Pittsburgh.

Colleges tend to require a rigorous application process.

Kevin Egan is the director of interdisciplinary inquiry at Drexel University in Philadelphia, and he believes that Drexel's lengthy application process makes some students reconsider self-designed majors. "I've seen an increase of students expressing interest in individualized majors — probably over 100 students," says Egan. "But quite a lot don't ever go through the application process, and I think it's because of the amount of work that's involved."

The payoff, however, is worth it. "Students who are a good fit for this program are the ones inspired by wanting to solve real world problems," explains Egan. "It can be something large, like sustainability, and they already have the right mindset because these problems aren't owned by one area of study."

'Round the world wisdom

The short end of the stick ain't so bad

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10, and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

Most people facing adversity feel as if they received the short end of the stick. "Poor me!" they tell themselves. A great deal of grit and determination are needed to overcome adversity, two aspects inaccessible to those feeling victimized.

The simplest way to eliminate such feelings is to put them in perspective. When witnessing real

adversity, consciously lock it into memory and recall it as a standard with which to compare your own. In this context, you can turn your "mountain" of adversity into a "molehill."

The Gobi race took place in a predominantly Muslim region of China, where the Chinese government was implementing an aggressive "integration" agenda overtly suppressing the local way of life. Five days after we crossed the finish line, a peaceful demonstration raising awareness for 300,000 individuals about to be forcibly removed out of their ancestral homes turned into a massacre: 57 dead protesters.

Life can be harsh, no question. Bad days come with regularity but keep things in perspective and count your blessings. Adversity carries a much smaller burden when we place it in its right context.

Can you contextualize your adversity?

STEFAN DANIS IS THE CEO OF NEXCA-REER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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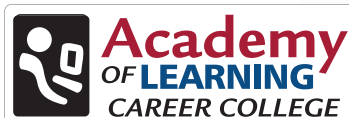
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Wild ride ahead for Grey Cup week

CFL playoffs. Riders pull off upset of Stamps to give hometown fans a rooting interest in next Sunday's championship

The dream scenario for the host city of a Grey Cup is having the home team in it.

The Saskatchewan Roughriders made the Regina organizing committee and their fans happy Sunday with a 35-13 upset of the Calgary Stampeders in the West Division final.

Chants of "Henry, Henry" rang out in the visitors' locker room at McMahon Stadium. Saskatchewan will face the Hamilton Tiger-Cats and quarterback Henry Burris in the Grey Cup at Mosaic Stadium.

The Roughriders will attempt to become the third host team in a row to win the CFL's championship trophy. The Argonauts beat Calgary in Toronto last year to take the Cup and the B.C. Lions won it in Vancouver in 2011.

"That's another part of the storyline, but for us, it's about having a Grey Cup at home," quarterback Darian Durant said. "We know how hard it is to come to Mosaic for opposing teams. To have (40,000) or 45,000 Rider fans, it's going to be great."

The Ticats punched their ticket to this year's Grey Cup with a 36-24 win over the Argos in the East final earlier Sunday.

This year's Grey Cup features teams that finished second in their respective divisions and needed to win div-



Riders quarterback Darian Durant threw for three touchdowns and 280 yards in Sunday's West final win over the Stampeders. JEFF MCINTOSH/THE CANADIAN PRESS

ision semifinals and finals to get there.

"We know Rider Nation is fired up," Durant said. "They deserve it and it's going to be a fun week."

Saskatchewan last played in the Grey Cup in 2009 and 2010 and lost to the Montreal Alouettes in both games.

Calgary boasted the best regular-season record in the CFL at 14-4, but could not hang onto the ball Sunday. The No.

1 offence in the regular season had seven turnovers and had possession for just eight minutes and 43 seconds in the first half.

"It's hard to explain," Calgary head coach John Hufnagel said. "Obviously we're a little bit in shock the way the game unfolded. Having that many turnovers to ruin the game (and) to have that type of tackling by our team, it's hard to explain." THE CANADIAN PRESS

East final

Argos sink after Ford joins party

Toronto Mayor Rob Ford posed for dozens of pictures, walked arm in arm with drunken fans, and hoisted a tin-foil Grey Cup over his head.

Toronto's embattled mayor showed up at Rogers Centre on Sunday to watch his Argos lose the East final to the Ticats, ignoring a request from the CFL's commissioner that he stay away.

And after police and security personnel finally had the mayor safely through a mob of fans and into his SUV after the game, Ford rolled down his window and high-fived people as he was driven away.

The Argos were leading 24-17 when Ford arrived shortly after halftime, wearing his "Mayor Ford" Argos jersey. His arrival caused a commotion as people tried to get a better look at the mayor that has been making international headlines.

THE CANADIAN PRESS



Toronto Mayor Rob Ford THE CANADIAN PRESS

NASCAR

Johnson adds another title

Back on top with only two NASCAR greats left to catch, Jimmie Johnson won his sixth championship in eight years Sunday.

Johnson was on cruise control at Homestead-Miami Speedway, where he needed only to finish 23rd or better to wrap up the title.

THE ASSOCIATED PRESS

NHL

Senators stung by Blue Jackets

R.J. Umberger had the eventual winner as the Columbus Blue Jackets scored three straight power-play goals on Sunday to defeat the Ottawa Senators 4-1.

Ryan Johansen and Fedor Tyutin also scored with the man advantage for Columbus (7-10-3), while Derek MacKenzie scored at even strength. Sergei Bobrovsky stopped 30 shots for the win.

Erik Karlsson scored the lone goal for the Sens (8-8-4) in the third period. Craig Anderson made 18 saves for Ottawa. THE CANADIAN PRESS

NHL

Wild ride Koivu's goals to victory

Mikko Koivu scored two goals, including the winner with 3:12 remaining, and the Minnesota Wild extended their winning streak to four games with a 2-1 victory over the Winnipeg Jets on Sunday.

Josh Harding made 21 saves for his 12th victory.

THE ASSOCIATED PRESS

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Horoscopes

Aries

March 21 - April 20

From this week things can only get better. No, really! Keep telling yourself that your luck is on the turn and in a matter of days you will be seeing concrete evidence that it is.

Taurus

April 21 - May 21

The lesson you need to learn this week is that not even a Taurus can do it all on their own.

Gemini

May 22 - June 21

The more you give the more you get in return. That applies to all aspects of your existence but especially to partnerships of a personal nature.

Cancer

June 22 - July 23

What can you do to make a loved one's life more enjoyable? You are well aware they have made sacrifices for you, now you must consider what they need from you in return.

Leo

July 24 - Aug. 23

It may be frustrating that so many little things are going wrong but don't let it get to you. Come the end of the week a new phase will begin and suddenly it will all start going right for you again – the little things and the big things.

Virgo

Aug. 24 - Sept. 23

You know you cannot escape from the consequences of your actions so don't waste time trying.

Libra

Sept. 24 - Oct. 23

In every enterprise there comes a time when you have to choose whether to carry on and give it your all or admit that it no longer inspires you and call it a day.

Scorpio

Oct. 24 - Nov. 22

An issue you have been avoiding has now to be faced. You have just four days to get your act together and resolve the situation – after that the matter will be taken out of your hands.

Sagittarius

Nov. 23 - Dec. 21

A few days from now the Sun will enter your sign and a new cycle will begin. Before then you must tie up loose ends, be they personal or professional, that might hold you back.

Capricorn

Dec. 22 - Jan. 20

Make the most of the Sun's final few days in the friendship area of your chart to have fun with people whose outlook and interests match your own.

Aquarius

Jan. 21 - Feb. 19

You have a tendency to say what is on your mind, even when it might be wise to stay quiet, and someone in authority won't be amused by your honesty today.

Pisces

Feb. 20 - March 20

For some reason you have started to doubt a colleague's loyalty but what happens over the next few days will reassure you they are still on your side.

SALLY BROMPTON

Crossword: Canada Across and Down

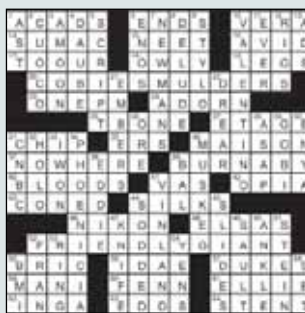
Across

1. Cdn. place to buy stuff on TV
4. Actress Cheryl, and surnamesakes
9. Peru's past persons
14. Manfred Mann's "Do ___ Diddy Diddy"
15. Towards-the-rear
16. Actor Peter O'Who?
17. Will Smith movie
18. Wilderness-sub-sisting show starring Canadian Les Stroud
20. ___ Gritty Dirt Band
22. Some windows
23. Becomes soaked wet
24. Swag
26. Identical
27. Jimmy ___ (Shoe designer)
28. Blackthorn fruits
30. Canada, HMCS
31. ___ The States, ___
31. ___ Nogait National Park, NWT
34. Good ___
36. Trojan War advice-giver
37. Moviedom's Mr. Mulroney
41. Namesakes of Canadian musician Mr. Jurvanen, aka Bahamas
44. Fork over dough: 2 wds.
45. "You're it!" game
48. Tutu textile
50. Finals
51. Stare
53. Baseball great

Down

3. Winds from The Rockies
4. Holds out
5. Adjoin
6. "Splash" (1984) star Ms. Hannah's
7. Old Rome's 605
8. Vehicles launched in 1959 by Canadian inventor Joseph-Armand Bombardier
9. "Ripley's Believe ___ Not!": 2 wds.
10. Standards
11. Baie-___, Quebec
12. Startles
13. Has a gut instinct
19. What Tom Mulcair supporters do in elections: wd. + acr.
21. "___ Feeling" by
23. Elisabeth of "CSI: Crime Scene Investigation"
25. 'Motor' suffix
27. Type of package [abbr.]
29. Steve Winwood's "While You ___ Chance"
32. Big sch. in Canada's largest city, ___
33. "Lay It on the Line" Canadian band
35. Most sardonic
38. British Columbia range, ___ Mountains
39. Lute-like instruments
40. "Private Dancer" singer's initials-sharers
42. Skin stuff
43. Tricky
45. Certain candy
46. Ancient shopping spots
47. Adhesive appliers
49. Spain, in Spanish
52. A-list
54. Tennis great Mr. Roddick's
56. "Icky-pool!" equivalents
58. Kind of agreement
60. Saskatoon's airport code
62. Have
63. Tiny

Friday's Crossword

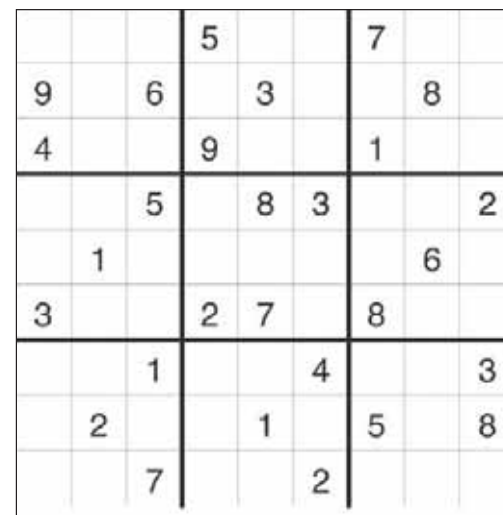


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY



MAX: -10°
MIN: -13°

TUESDAY



MAX: -16°
MIN: -16°

WEDNESDAY



MAX: -14°
MIN: -28°



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1500 QUAD
CAB**
#13T0175
\$21,988



**2011 RAM
1500 CREW
4X4 SLT**
#11B9400,
HEMI/20'S
\$25,988



**2010 CHEVROLET
AVALANCHE
LTZ**
#10B8936,
NAVIGATION,
DVD, SUNROOF
\$28,988



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1500 CREW
4X4 SLE**
#12B8125,
S.3L
\$28,988



**2012 FORD
F-150 FX4**
#12A4627
\$33,988



**2010 FORD
F-150 HARLEY
DAVIDSON**
#10A2330,
NAV, SUNROOF
\$33,988



**2013 RAM
1500 CREW
4X4 SPORT**
#13B4094,
LEATHER, NAV
\$39,988



**2012 GMC
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4X4**
#12A3927,
SLE, LEATHER,
SUNROOF
\$40,988

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\$3,988



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#03T0618
\$4,988



2004 JEEP LIBERTY SPORT
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2008 PONTIAC G5 COUPE
#08T1021
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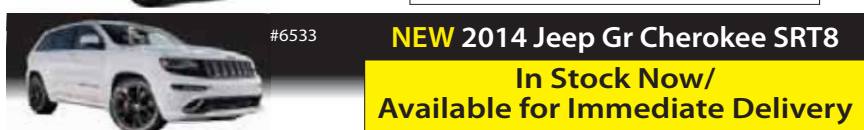
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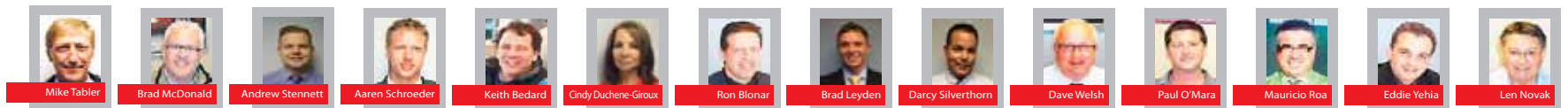
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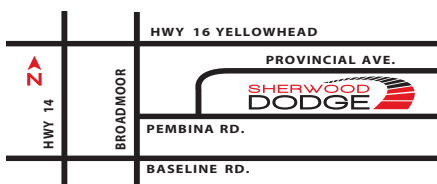
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